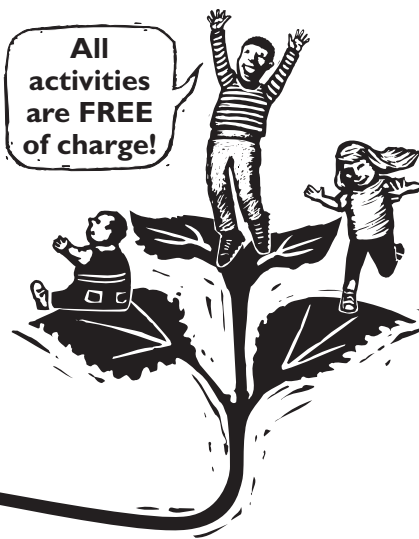


Growing Healthy Families

Middlebury District Office, Vermont Department of Health
700 Exchange St., Suite 101 • Middlebury, Vermont 05753
1-802-388-4644 or 1-888-253-8804

All
activities
are FREE
of charge!



Spring 2010

Cooking for Life classes

Tuesdays, April 6–May 11; 9:30–11:30 a.m.
St. Stephen's Episcopal Church, Middlebury

Six consecutive weeks of cooking classes with a professional chef and nutrition educator. On-site, free childcare provided. Free take home groceries every class. Limited to 12 participants per class. No repeats please. Call Vermont Department of Health at 388-4644 to reserve your space now.

Planning and planting a garden

Wednesday, April 14; 10:00 a.m.–Noon
Vermont Department of Health
upstairs conference room

No garden is too small or too large. Children love to play in the dirt and eat the vegetables they have grown. Do you want to garden, but are not sure if you have space or the right growing conditions? Are you an experienced gardener who wants a few questions answered? From beginner to experienced, we can all learn new things from a master gardener. Bon appetite! UVM Extension Master Gardener, Suzanna. On-site childcare available, call ahead to make arrangements. Call 388-4644 to sign up — spaces will be limited to 15.

New WIC appointment option

Pregnant women interested in learning more about breastfeeding can now choose to attend a Mom2Mom group instead of coming to their 3rd trimester WIC appointment.

Mom2Mom Breastfeeding Group

Vergennes:

2nd Wednesday of each month, 6:00–7:30 p.m.
Tapestry Midwifery, 20 Armory Lane

Middlebury:

4th Thursday of each month; 6:00–7:30 p.m.
3rd Tuesday of each month; 10:00 a.m.–Noon
Vermont Department of Health, WIC office
upstairs conference room

Wondering how breastfeeding will fit into your life? Watch a latch video, get great handouts and contacts with local resources, and hang out with experienced moms. You will leave with a breastfeeding plan that works for you. Partners, children, friends and family members welcome. Led by the breastfeeding peer counselors of Addison county. Call 388-4644 to sign up and for more information.

Watch for WIC mailings about fun, special events including Baby Showers and Welcome Baby brunches!

Helpful websites:

www.healthvermont.gov/wic

Find WIC information, applications, proof of deliveries and Fruit & Veggie Card information.

www.cvoeo.org/htm/MicroBusiness/self_protection.html

Financial classes, one-on-one coaching and educational seminars. All FREE! Call Molly at 802-860-1417 ext. 104 to sign up or e-mail growingmoney@cvoeo.org.